

ONGOING IN-SCHOOL PROGRAMS

OSYFS is active during school hours, providing support, counseling, and enriching activities for students at each of Old Saybrook's schools.

Lunch Bunches

OSMS during lunch
Weekly groups meet to have fun together and learn some important skills.

Drop-In

OSHS, Tuesdays & Fridays, 11:20-1:20
A fun, safe, and chill space to talk over lunch, to get help, or just hang with friends.

Open Space

OSHS, 3rd Thursday, X-block, Room 211
Monthly multimedia discussion of pertinent topics to teenagers.

Zen Time

Offered at Goodwin during lunch
Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

Old Saybrook Youth & Family Services

FEBRUARY NEWSLETTER 2018

CAN WE TALK? Communicating With Confidence *Teaching Our Kids About Healthy Relationships*

We will introduce tips and skills to help you talk to your kids about healthy relationships, warning signs, and assertive communication.

We'll also review information shared with OSHS students about Teen Dating Violence Awareness Month.

DATE: Wednesday, February 7, 2018

TIME: 6:45-8:00pm

LOCATION: Old Saybrook Youth and Family Services

WHO: Open to all shoreline parents/guardians. Adults Only.

Call OSYFS to Register: 860-395-3190

MODERN PARENTING: LIFE SKILLS FOR OUR KIDS

How do we raise resilient, competent kids? What can we do to help our children be more comfortable with advocating for themselves and being independent? This class will provide a practical guide for teaching your child basic life skills, from age three to twelve years old.

DATE: Monday, February 26, 2018

TIME: 6:30-8:00pm

LOCATION: Old Saybrook Youth and Family Services

WHO: Open to all Shoreline Parents/Guardians. Childcare Provided.

Light refreshments will be provided.

Call OSYFS to Register: 860-395-3190

Important Upcoming Dates:

02/01 YAC Meeting, 6-8pm, Vicki Duffy Pavilion at Saybrook Point
02/07 Can We Talk? Teaching Our Kids About Healthy Relationships, 6:45-8pm, OSYFS
02/08 JAC Meeting, 5:30-7pm, Vicki Duffy Pavilion
02/08 Asperger's/HFA Parent Support Group: Social Struggles
02/08 Old Saybrook Early Childhood Council Planning Meeting, 11am-12pm, Goodwin School
02/15 Joint JAC/YAC Meeting- JAC 5:30-7pm, YAC 6-8pm, Vicki Duffy Pavilion
02/22 Social Service Help Day (9am-3pm)
02/26 Modern Parenting: Life Skills for Our Kids, 6:30-8:00pm, OSYFS

Please call our office for details or to RSVP: 860-395-3190



Old Saybrook Youth & Family Services

Old Saybrook Youth and Family Services represents the Town's commitment to promoting the positive and healthy wellbeing of all members of the community.

Services available include: counseling, advocacy, support groups, parent education, after school clubs, summer camps, resiliency and skill-building, youth empowerment, socialization groups, community events, and referral services.

Please contact our office with any questions you might have about our programs or to make an appointment.

OSYFS

**322 Main Street
Old Saybrook
860-395-3190**

February is National Teen Dating Violence Awareness and Prevention Month

Would you be able to spot the signs that you (or a friend) are involved in an unsafe or risky relationship? Each year, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner. At a rate far higher than other forms of youth violence, teen dating violence impacts 1 in 3 adolescents in the United States through physical, sexual, emotional and verbal abuse.

Some resources for information and support:

www.teendvmonth.org

www.acf.hhs.gov

24 hour hotline: 1-888-774-2900.

Old Saybrook Department of Police Services: 860-395-3142

Old Saybrook Youth and Family Services: 860-395-3190